



If you're feeling overwhelmed and need encouragement, these verses can inspire courage and confidence. Read each one, then meditate on it throughout the day. Share it with a friend.

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1.	Romans 15:13	11.	Matthew 12:21
2.	Jeremiah 29:11	12.	Romans 15:13
3.	Isaiah 40:31	13.	1 Peter 1:3-4
4.	Psalm 147:11	14.	Ephesians 1: 15-20
5.	Revelation 21:4	15.	Colossians 1:27
6.	Romans 5:1-5	16.	Isaiah 43:1-2
7.	Psalm 71:5	17.	Titus 3:4-7
8.	Romans 15:4	18.	Jeremiah 17:7-8
9.	Psalm 119:114	19.	Romans 8:22-25
10.	Psalm 62:5	20.	Galatians 5:5

- Each day for the next 20 days, choose one passage above.
- Read it several times and in several different translations.
- Sit with God and ask Him what truths He is speaking to your heart about hope and what He longs for you to learn.
- Write those words in one of the blank flares on the opposite side of this page, add color, and add the date so that on the difficult days, when the winds begin to blow, and the waves rise, you can pause, take a deep breath, and remember God's faithfulness.

This hope [this confident assurance] we have as an anchor of the soul [it cannot slip and it cannot break down under whatever pressure bears upon it]—a safe and steadfast hope that enters within the veil [of the heavenly temple, that most Holy Place in which the very presence of God dwells].

(Hebrews 6:19)

Chronic Joy